



“It’s one thing to be a part of an organization. It’s another thing to be a part of the community.”

– Travis Kelce

## Our Community is our Family

### Letter from Lori

As I shared in this space last month, the board gave final approval in late October to our new mission and vision statements and our values—community, purpose, integrity and joy. Over the next few months, I’m writing about each value and what it means to me. Last month, I wrote about joy, and this month I’m focusing on community.

For many of you, the idea of community that was brought up during our values discussions meant the sense of family we feel within the walls of our organization. I don’t disagree; I like to call it the “Cheers” phenomenon.

“Cheers” is one of my favorite television shows. It ran from 1982 to 1993 and was set in a Boston bar where a group of locals met to relax and socialize.

For those of us who watched it every Thursday night along with other hits like, “Friends” and “ER” it represented a sense of family and belonging. The Cheers theme song by Gary Portney says it best, “Sometimes you wanna go where everybody knows your name.”

The beauty of the show was how comfortable everyone was with each other. I think that’s what community at work means.



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## Our Community is our Family (Continued)

It's about the bonds we create with each other and the supportive environment we cultivate every day. This internal sense of family is about knowing each other and is nurtured through teamwork, shared goals and the pride that comes from knowing our work makes a meaningful difference.

For me, community is also about stepping outside the walls of our workplace, being visible, sharing our expertise and engaging with the people and organizations that surround us.

As the largest employer in Sedalia, we recognize the unique responsibility we have to be a great employer and an active participant in the broader community. Being part of this community is not just about economic impact; it's about fostering a culture of mutual support, visibility and involvement. Our new mission includes caring for our community of family, friends and neighbors. To me, being involved in our community is simply another way of caring for them.

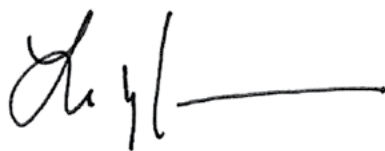
To truly embrace the value of community, we must be actively engaged where we serve patients. This means being visible at local events, partnering with organizations and sharing our expertise in ways that benefit the greater good.

One example of this commitment is sponsoring employees' involvement in civic organizations. Bothwell would pay for individual membership in the Sedalia Lions Club, Sedalia Rotary Club and the Optimist Club. These organizations play a vital role in fostering community spirit and providing support where it's needed. If anyone has an interest in serving in any of these groups, please let me know. We would love to have more people involved.

The same can be said for our sponsorship of community events. Many nonprofit organizations host events that raise funds for great causes, from the Walk to End Alzheimer's to the Pettis County Relay for Life to the Boys and Girls Club. Our support and presence at these events and others allow us to engage directly with our neighbors, demonstrate our commitment to the community's well-being and in the best circumstances showcase our expertise as the health care center of choice.

Being a great employer and a great community partner go hand in hand. By fostering a strong internal sense of community, we empower our employees to be active participants in the world around them. And by stepping outside our walls to engage with Sedalia and beyond, we reinforce our commitment to making this a better place to live and work for everyone. It's a cycle of connection, collaboration and care that benefits us all.

**Stay well. Be well.**



## STRATEGIC PLANNING TEAM

Allison Brosch  
*State Fair Community College*

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Bart Kuhns

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*Bothwell Board of Trustees*

Rob Ayers

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Dawn Williams  
*Pettis County Health Center*

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*Chair, Bothwell Board of Trustees*

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Marvin Smoot

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*Katy Trail Community Health*

Dr. Philip Fracica

Tony Leal

Roy Pennington  
*Pettis County Ambulance District*

Dr. Stuart Braverman

Steve Davis

Taylor Robinson  
*Stanley Black and Decker*

Ron Webb, facilitator  
*Custom Learning Systems*

**The team's third and final meeting is Feb. 13 and then work will begin on crafting the three-year strategic plan.**



601 East 14th Street  
Sedalia, MO 65301

#### **BOTHWELL BOARD OF TRUSTEES**

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**Kelvin Shaw, Vice Chair**

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[dkelchner@brhc.org](mailto:dkelchner@brhc.org).

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opportunity employer and accredited by the  
Joint Commission.

## **BOARD PROFILE**

### **Connie McLaughlin**

#### **Tell us a little about yourself.**

I grew up on a farm in central Missouri where my parents always instilled faith, good work ethics, caring about our community and being blessed to live in the United States. I have been the Agent for the Sedalia License Office for 28 years. Prior to the license office I worked several years for a law firm and held a Missouri Broker's License and was co-owner of a real estate company.

#### **How long have you been on the board and what offices/committees have you held?**

I have served on the Bothwell Board of Trustees for a year and a half. I served on the City of Sedalia Planning and Zoning Board for 17 years. I was elected to serve as Chair for four years and Vice Chair for four years for our Statewide Fee Agent Advisory Board. I have served on the Restorative Justice Board, served on the Stewardship and Personnel Committee at my church and have held numerous positions in different clubs. I'm also a member of the Bothwell Foundation's Wear Red for Women committee.

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"I am proud of our hospital, and I want to see it continue to be a city-owned hospital under good local leadership."

The Bothwell Board of Trustees meets on the fourth Tuesday of each month at 5:30 pm in the hospital board room.

Members are appointed by the City of Sedalia Mayor and reviewed and approved by City Council. There are nine board seats, and five members are required to reside within City of Sedalia limits.

**GET WELL. STAY WELL. BOTHWELL.**

## BOARD PROFILE (Continued)

Connie McLaughlin



### Why did you say yes to joining the board?

I was pleased to accept the appointment by Mayor Dawson to serve on the board. I am proud of our hospital, and I want to see it continue to be a city-owned hospital under good local leadership. I want to see Bothwell continue to provide meaningful employment for our citizens.

As much as we have come to depend on technology, I know that nothing can ever take the place of the human qualities of empathy and compassion. As a board member, I bring an appreciation of every physician, nurse, employee and volunteer. As we continue to achieve high professional standards, we must never forget that we are a community of human beings who must all be treated with respect and compassion. Although I have a background in finance, organizational management and human relations, I know that much of the real work consists of never forgetting our responsibility to our patients, physicians, nurses and employees.

### What do you hope to accomplish during your term?

I feel the accomplishments of the board are a group effort and each member contributes their expertise. I'm especially glad that Bothwell was approved for the federal 340B drug pricing program. Many of us on the board and in the hospital worked hard to make that possible, and it's been a tremendous help financially to Bothwell. I am proud of our hospital and so appreciative of the quality of care it offers.



## REASONS TO USE YOUR BOTHWELL EMPLOYEE PHARMACY!



- 1 SAVE MONEY
- 2 SCRIPT TRANSFER IS EASY
- 3 CONVENIENCE
- 4 IT'S FOR ALL EMPLOYEES
- 5 MORE THAN SCRIPTS

### Want to learn more?

Call Pharmacist Jessica Moon at 660.827.9495 or stop by the pharmacy on the hospital's ground floor.

Hours are 7:30 am–4 pm Monday–Friday;  
closed for lunch 11–11:30 am



# Safety Rounding Tracker

Period 2: 10/01/24 – 01/31/25



Since May 2021, the Senior Leadership Team (SLT) has been regularly rounding on all departments and clinics. SLT members connect with frontline staff and ask questions ... all with the goal to enhance a climate of trust, discuss progress on performance metrics, identify issues that need solutions, recognize accomplishments, remove barriers to communication and process improvements, strengthen accountability and provide opportunity for SLT members to learn about quality and safety in all departments. The Rounding Tracker charts what was discussed and the status of solutions. The tracker will appear regularly in the Billboard.

ORIGINATING DEPARTMENT	ROUNDED	DESCRIPTION	ASSIGNED TO	ASSIGNED TO (ADDITIONAL)	PROGRESS	START	OUTCOME
<b>BFM</b>	Lori	Signage inside BFM hadn't been changed to Lohsandt and Raspatkov	Lori	---	100%	9/24/24	Sign was changed from ENT/NEURO to Lohsandt and Raspatkov
<b>WOUND CENTER</b>	Dr. Phil	Below on 8 hours of provider staffing	Marvin	---	75%	1/18/24	Marvin working out a solution with Dr. Dallo
<b>PCU</b>	Dr. Phil	Difficulties charging drugs from Omnicell. The system will charge for two vials even if only one is pulled out. They suggested that the machine charge on scan instead of charge on dispense.	Dr. Phil	Cole S.	50%	1/30/24	Dr. Phil talking to Cole about creating a multidisciplinary group and creating a charter. It will go live after implementation of Expanse.
<b>OR</b>	Michele	Creation of a multidisciplinary group to develop a more permanent solution with directing OR patients in the morning	Michele	---	50%	2/6/24	Sign was placed upfront, yet still needs additional work
<b>DIETARY</b>	Lisa	Staff would like a panic button to call for help at cash register, if needed.	Lisa	---	50%	3/12/24	Waiting on quote for Lynxicon button
<b>CCU</b>	Michele	Wallpaper is coming off the wall in CCU.	Michele	Rudy/Lucas	50%	7/23/24	Bid has been received. Will start painting wall when ongoing projects are complete.
<b>WINCHESTER</b>	Lori	Window seal broken	Lori	Rudy	50%	9/24/24	Window ordered in September. Estimated arrival time is 3 months.
<b>RADIOLOGY</b>	Steve	MRI Safe Walkers	Marvin	---	50%	12/24/24	MRI Safe Walkers have been ordered by Marvin. Awaiting arrival.

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# HOT TOPICS

Hot topics are the ones generating interest and debate in the Café, in break rooms, in offices or hallways. Whether you call them water-cooler conversations or “hey, what’s going on” questions, here’s where you’ll find answers and information.



**KNOW A CRNA?  
YOU COULD EARN  
UP TO \$15,000!**

## Culture of Safety Survey Coming Survey Opens March 12

A **safety culture** is the product of individual and group beliefs, values, attitudes, perceptions, competencies, and patterns of behavior that determine the organization’s commitment to quality and patient safety.

— *The Joint Commission*

The Culture of Safety survey is for all employees and is generally administered every other year. Its purpose is to give all employees the opportunity to share their perceptions of our current safety culture and what’s getting in the way of safe patient care.

We know we have a safety culture, the question is, is it “good, bad or ugly?” That’s what taking the survey aims at getting at ... how do you really feel about teamwork, organizational learning, training, leadership support, communication about errors, processes, work pressure/pace, handoffs or staffing as they relate to patient care?

Results help us understand our top patient safety priorities, what processes need to be improved, whether new safety programs are working and how we compare to other hospitals and clinics.

The last safety survey was administered in **October 2023**. The overall patient safety grade you gave us from the last survey was 79% excellent or good (this is an improvement over the previous overall grade that was 74%). Leaders were given all survey results, and we have been working on implementing new initiatives to improve our scores specifically in areas where we scored lower—teamwork across units, staffing and handoffs and transitions.

The survey will be open **March 12–25**, is confidential and anonymous and will only take 15 minutes to complete. Prizes will be awarded at response milestones of 75% and 95% completion. Watch for more information on the survey in the February issue.

Certified Registered Nurse Anesthetists (CRNAs) are nurses who specialize in administering anesthesia and related care and work in the hospital with our anesthesiologists and surgeons.

If you’re a Bothwell employee and know a CRNA looking for a new opportunity, consider referring them through the CRNA referral program.

### **Who’s eligible to make a referral?**

- All employees except Senior Leadership Team members and HR personnel
- Referring employee must be free of corrective action and have been employed by Bothwell for a minimum of six months
- Referred candidates must be new to Bothwell and have not previously worked at Bothwell in the past 36 months, not currently involved in any active recruitment process and applying for a benefits-eligible position

*Upon a successful candidate being hired, three payouts of \$5,000 will be made to the referrer at the 30-, 90- and 180-day milestones.*



# Health Care Night at the Fred



**Wednesday, Feb. 12**

5:30 pm Lady Roadrunners vs. Crowder  
7:30 pm Men's Roadrunners vs. MSU West Plains  
Fred E. Davis Multipurpose Center, 3201 W. 16th St.



All Bothwell employees are invited to the games as SFCC recognizes and celebrates health care organizations, highlights SFCC programs that support them and engages with members of the community in a campus athletic event.

## **FREE ADMISSION FOR BOTHWELL EMPLOYEES!**

Advance tickets are required and include free admission and a **hamburger or cheeseburger** from concessions. Tickets are available for pickup in Human Resources, or email Melissa Guffin at [mguffin@brhc.org](mailto:mguffin@brhc.org) to request tickets via campus mail.

## Updates: Meditech Expanse Upgrade

Expanse core teams have kickstarted weekly meetings where they will build and test their modules. Core teams are responsible for workflows, building status boards and trackers, new widget functionality and the discharge process. These teams will strive to make the Expanse upgrade as efficient as possible, while allowing us to maintain safe, quality care.

If you are interested in being a super user with Expanse for your department, please notify your department director/manager.

All Meditech users are encouraged to watch training videos on the **Intraweb > Meditech Support page**.

- Expanse Acute (inpatient providers)
- Expanse PCS (nursing)
- Expanse ED
- Expanse Ambulatory (clinics)

### **Important Milestones**

- The Oncology Expanse core team held its kickoff meeting in mid-January.
- All hardware for the upgrade has been set up and configured.
- Test Expanse 2.2 is accessible and ready for validation and testing by key users.

Keep an eye out in next month's Billboard for more Meditech Expanse updates. Additionally, mark your calendars for **June 24, 2025** when the system will go live.

## NOW OPEN!



Sedalia Nutrition is now serving teas from 6:30 am to 3 pm Monday through Friday in the hospital lobby.



## Queen City CAPS



Hello, I'm **Miley Rathmann**, an 18-year-old senior at Smith-Cotton High School. I am passionate about pursuing a career in sonography and plan to attend State Fair Community College to major in the field while playing softball. During my rotations, I've had the opportunity to observe many fascinating aspects of health care, and my experience in **Oncology** stood out. The staff's warmth and openness made a lasting impression on me, and I was particularly inspired by the compassionate environment. I'd also like to express my gratitude to **Sarah Fredrickson** for going above and beyond to ensure I gained valuable insights during my ED rotation. I'm excited to continue my education and training in sonography, and I'm eager to develop the skills necessary to succeed in my future career.

I'm excited to share that I'm working on a guide to help athletes overcome mental blocks. Having played softball for the past 13 years, I've seen how often this issue is overlooked, yet it affects so many athletes. I'm eager to research and gain insights for this project because I want to be a resource for others dealing with these challenges and help them find ways to break through their mental barriers.



Hello, my name is **Ava Benner**. I am a 17-year-old junior at Smith-Cotton High School. I am hoping to pursue a career in labor and delivery and become a nurse practitioner. I plan to start off at State Fair Community College to get my RN, then move onto another school to get my BSN and my NP specializing in labor and delivery. I am interested in health care because I have a passion for helping others and making a positive and meaningful impact during significant moments in their lives. I have always been fascinated by the health care field since there is always something new to learn and there is the aspect of providing quality care through getting to know patients and their families. My goal is to learn how to make positive connections with every patient, deliver the best outcomes for patients and leave a positive impact on health care through quality care during some of the most emotional times for people.

In my rotations, I have gotten to see many interesting sides of different parts of the hospital; my most captivating experience was in **Labor and Delivery**. The staff were all incredibly welcoming, down-to-earth and approachable, making it easy to learn and ask questions in a positive environment. I would like to specifically shout out **Kailey Bonham**. She surpassed all the expectations and showed me what it is truly like to have a preceptor that is invested in my growth and success. She was excellent at communicating what she was doing, willing to answer questions and share her knowledge and expertise. I am eager to see what is in my future and to see how my plans start to take shape in the next couple years.

I'm currently working on a project where we are preparing information for slides in the Emergency Department waiting room that will rotate with information. My partner and I have seen how frustrated people get having to wait when they don't realize what goes on behind the scene for the ER to function. I can't wait to see where this project leads me next and I'm interested to see what doors this will open up for me!





# RECOGNITION

Recognition acknowledges exemplary individual and team efforts, how we volunteer in support of our community and kudos. From awards to shout-outs, this is the place to celebrate and show appreciation.



## January Employee of the Month

**Dee Dee Gilmore, FNP**, Susan O'Brien Fischer Cancer Center, is our January Employee of the Month for consistently exemplifying safety, courtesy, professionalism and efficiency in her work. Gilmore was nominated by Kara Sheeley, Oncology Services director.



*"On the Wednesday before Thanksgiving, when resources were limited, a peer from Bothwell Walk In Winchester contacted Dee Dee about a patient with a visible mass requiring urgent attention," Sheeley said. "She immediately ensured the patient's safety by coordinating their transfer to the Cancer Center, collaborating with a surgeon and navigating the patient through their care seamlessly."*

Sheeley said Gilmore's professionalism and efficiency were evident in her ability to manage the situation quickly and effectively. She said Gilmore delivers this level of care day in and day out and this is just one instance of her unwavering dedication to her patients. Well done, Dee Dee!



**Submit your Employee of the Month nominations online!**



**Scan the QR code or find the link on the intranet**

Nominations should include specific situations, behaviors or events where **exemplary** behavior was demonstrated by a teammate.

Part of the OASIS Recognition and Awards team's new processes is to include the names of those who were considered for the Employee of the Month award. Nominees receive a copy of their nomination along with a certificate of consideration.

Congratulations to the other January nominees!

- Brittani Geml, LPN-Bothwell Family Health
- Staci Ward, PA-Emergency Department
- Regina Lawson, Laboratory

## Key Awards

### December



Jeremy Vesperman	Paige Johnson	Christy Mitchell
Ramil Ishmukhametov	Kylie Musgrave	Rudy Reyes
Christina Swank	Angelica Ulmer	Kevin Kares
Hailey Dunnavent	Lorenzo Walker	Daryl McNew
Chloe Turner	Terrance Cline	Randy Kreisel
Dr. Beckham	Serena Cronk	Chris Moon
April Ream	Savannah Hudson	Kim Greer
Christy Goalder	Bailey McGinnis	Ashley Atkinson
Kara Sheeley	Mackenzie Hoffman	Kim Hagan
Mikayla Hans	Julie May	
Denis Antonov	Jami Sleeper	

Submit your KEY Award nominations online!



Scan the QR code or find the link on the intraweb

Given based upon excellence demonstrated in the four Key Basics for actions that promote quality patient care and increase patient satisfaction.

## KNOW YOUR EDUCATIONAL BENEFITS



Contact Human Resources to learn more!

# You Bowled Us Over

## Emergency Department

On a Saturday this month, a patient was brought to the Emergency Department after suffering an apparent coronary event while outside in a remote location. The patient had been unconscious and lying in a field for an undetermined amount of time. Weather conditions that day were severe including about 10" of snow on the ground and temperature in the teens.

When the patient was brought to the ED by ambulance, they were in cardiac arrest, suffering from severe hypothermia and their core body temperature was just 74 degrees. The ED staff rushed to action continuing resuscitation efforts that included CPR using a LUCAS device, which is an automated CPR machine used during patient transport or when manual CPR is difficult to maintain effectively.

ED staff used the device on the patient for **four hours** while performing other procedures and interventions without interrupting compressions until the patient regained a pulse and heart rhythm and was stable enough for helicopter transport with MU Air Medical Services to MU Health Care in Columbia.

In an email sent to ED Director **Mike Shipp** after the transport, Brent Herin, MU flight nurse, said he and his partner, Beth Burkhart, were surprised at how long the patient had been in cardiac arrest and how well the patient was doing given his condition. Herin said he attributed the patient's outcome to the ED staff's efforts and the use of the LUCAS device.

"Two days later, the patient was responsive and moving their toes," he said. "Compression effectiveness by humans works in the short term; however, performing compressions for four hours would be like running the equivalent of multiple marathons even if using the entire ED staff."

Shipp said with certainty that the LUCAS device saved the patient's life and complimented his team for their heroic efforts.

"Our team did a phenomenal job," he said. "Given the patient's age and situation, I believe there was also a higher power at work here."

The patient continues to recover in Columbia. Herin said the care provided by Bothwell's ED staff was amazing.

"Their patience and perseverance were astonishing," he said. "This is one of the most significant clinical saves I have witnessed in my EMS career spanning back to the 1990s."

Congratulations, ED team, on receiving a "You Bowled Us Over" award! All of us are grateful for your many skills that are put to use helping those who need emergency care.



Shown with a LUCAS device, ED Director Mike Shipp and ED Manager Tony Leal accepted a "You Bowled Us Over" award on behalf of the department at this month's board meeting for performing life-saving measures on a patient suffering from severe hypothermia.



During the board meeting, ED Manager Tony Leal demonstrated the LUCAS device.



ED Director Mike Shipp and ED Manager Tony Leal shared the patient's story with the board at its meeting this month.



## Shout Outs

Each year, there are recognition days, weeks or months that are created to bring awareness to medical professionals. Take some time in February to thank the people in these departments for the important work they do.

February is American Health Month, as well as:

- Feb. 4: World Cancer Day
- Feb. 9–15: Ambulatory Nurses Week
- Feb. 9–15: Cardiac Rehabilitation Week
- Feb. 9–15: Cardiovascular Professionals Week
- Feb. 10–14: Phlebotomists Recognition Week
- Feb. 16–22: National Certified Anesthesiologist Week



Demonstrating our culture of friendliness, we're sharing this shout out to the **Radiology** team. Recently, representatives from B. Braun were on site for IV conversion training. That team shared that, "Not only are they excellent 'sticks', your team members are some of the kindest and friendliest people we have met."

Bailey McGinnis, Radiology manager, shared how gratifying it was to hear this compliment.

"We know we have some of the greatest people in our department," she said. "It was really special to hear this confirmed from an outside source. I think this is something our new Service Excellence Initiative speaks about frequently. Not only do we want everyone to be excellent at their job; we also strive to be kind and gracious to everyone we encounter."

Way to go, team!

## Good Catch: Mike Parrish

A good catch is recognition of an event or circumstances that has the potential to cause harm or illness, but did not occur thanks to a corrective action and/or timely intervention.

**Mike Parrish**, cardiac monitor tech in Central Monitoring, received the award last week for his good catch.

At shift change, Mike noted that a patient's heart rate was in the 200s. He notified the floor and then immediately notified PCC Ronda McMullin and PCC Mike Snow while they were doing their morning report. Ronda and Mike immediately went to the floor to check on the patient's status.

The nominator said, "I have worked on PCU and know that Mike is always on the ball and is quick to notify the nurses of any changes on the monitor. If he doesn't hear a response back on the radio, he calls the floor and makes sure they know what is going on with that patient. Without this great effort by Mike, it could have been detrimental to the patient."

We appreciate Mike's care and concern and for following his instincts to have the patient checked. Great catch, Mike!



*Shown in the photo, Heather Kaneko, Dr. Phil Fracica, Lori Wightman, Maggie Schaffer, Sarah Hopper, Marvin Smoot, Tammy Jackson, Julie Snow, Mike Parrish and Ronda McMullin*



# PERSONNEL NEWS

Look here for updates on new hires, promotions, retirements, achievements, birthdays and other staff-related news. Our organization is a busy and vibrant place to work. Personnel news helps keep everyone informed about our greatest asset ... our people.



## Off to Fellowship!

Congratulations to our third-year residents **Dr. Levi Harris** and **Dr. Brittany Pendergraft** for taking an extra step in their medical training. Both are on to fellowships! A fellowship in medicine is a postgraduate training program that allows physicians to specialize in a specific area of medicine after completing their residency.

Dr. Harris will be doing a sports medicine fellowship at University of Missouri-Columbia, while Dr. Pendergraft will do a fellowship in obstetrics at Tallahassee Memorial Health Care in Tennessee.



*Levi Harris, DO*



*Brittany Pendergraft, MD*



During this morning's Leadership Team huddle, Vince Gill's "Go Rest High on That Mountain" was aptly played in memory of **Terrance Cline**.

Terrance, a valued and loved member of the Materials Management team and the Bothwell family, passed away last night after suffering a stroke last Friday.

"Terrance made friends everywhere he went, spreading joy by just being Terrance," said Rick Langdon, Materials Management director.

Please remember Terrance's wife, Donna, who works in Same Day Surgery, his family members who work in other departments at Bothwell, and everyone who knew and loved him in your thoughts.

Terrance's positivity and personality will be greatly missed yet not forgotten. Arrangements are pending.

## Refer a Friend and Make up to \$750

Earn rewards while sharing the Bothwell love with friends and family in the Employee Referral Program!

- All employees can take part in the referral program with the exception of the Senior Leadership Team and HR personnel.
- Department/Clinic Directors are eligible if the person referred is someone outside of your own department(s).
- Referring employees must be free of corrective action and have been employed by Bothwell for a minimum of six months.
- Referred candidates must be new to Bothwell and have not previously worked here within the past 36 months, not currently involved in any active recruitment processes and applying for a benefit-eligible position.

*\*Three payouts of \$250 each will be made to the referrer at the employee's 30-, 90- and 180-day milestones.*

More information and the referral form can be found on the IntraWeb > HR Corner and on the public website at [brhc.org/careers/additional-information/](http://brhc.org/careers/additional-information/). This new program was developed by the Referral and Onboarding OASIS team.



## Welcome to These New Team Members!

### **Casey Coots**

*IT*

### **Ashley Fitzpatrick**

*Critical Care Unit*

### **Kiley Hedgpeth**

*Emergency Department*

### **Talesha Hoffman**

*Bothwell Dermatology*

### **Donald Holloway**

*Linen*

### **Tory Kroeschen**

*IT*

### **Maria McDowell**

*Dietary*

### **Joshua Sallee**

*Housekeeping*

### **Autumn Smith**

*Clinic Billing*

### **Hilary Smith**

*Sterile Processing*

### **Shea Smith**

*Nursing Administration*

### **Melissa Southard**

*Admitting*

### **Daniel Windfield**

*Pathology*

### **Dr. Michael Yuhas**

*Bothwell Internal  
Medicine Specialists*

### **Owen Rehmer**

*Nursing Administration*

### **Krista Hughes**

*Centralized Scheduling*

### **Gaybriel Prince**

*Case Management*

### **Jade Stevenson**

*Progressive Care Unit*

### **Shannon Hagedorn**

*Women's Health and  
Newborn Care*

### **Kyle Wilgers**

*Pathology*

### **Randy Doane**

*Environmental Services*

### **Veronica Matacua**

*Linen*

### **Kaitlin Reickhoff**

*Pharmacy*

### **Evangalina Ahumada**

*Progressive Care Unit*

### **Amanda Shoemaker**

*Surgery*

## Moves

Congratulations to **Crystal Hoyes** in Budget, Reimbursement and Accounting on her new role as Manager of Decision Support Services

# HAPPY BIRTHDAY

## February

Sharon Stuber.....	1	Christel Harms.....	12
Valentina Gamik.....	1	Jenny Force.....	12
Ashley Updyke.....	2	Joseph Shipp.....	12
Autumn Olejniczak.....	2	Laqueta Smith-Bentley.....	12
Dr. Christopher Dallo.....	2	Robin Schroeder.....	12
Reilly O'Shea.....	2	Jill Weller.....	13
Sandra Jerome.....	3	Randy Doane.....	13
Antonette Delgado.....	4	Alyssa Borghardt.....	14
Patty King.....	4	Dawn Hoff.....	14
Russ Dedrick.....	4	Dr. Douglas Kiburz.....	14
Annabelle Isenburg.....	6	Erica Marin.....	14
Dr. Jonathan Beary.....	6	Teresa Ficken.....	14
Rachael Morgan.....	6	Jeanne Tunis.....	15
Rudy Reyes.....	6	Leslie Fields.....	15
Marcia Newland.....	7	Teresa Mitchell.....	15
Pam Thompson.....	7	Donald Holloway.....	16
Amanda Ward.....	8	Lori Bressie.....	16
Barbara Debates.....	8	Morgan Saimon.....	16
Heather Sadler.....	8	Anita Sumner.....	17
Jennifer Vargas.....	8	Dr. Gabriel Anders.....	17
Natalya Oliferchuk.....	8	Megan Elwood.....	17
Carrie French.....	9	Michelle Nieman.....	17
Cole Simoncic.....	9	Vlad Surguy.....	17
Kaitlyn O'Dell.....	9	Lola Jones.....	18
Elizabeth Kessler.....	11	Lori Wightman.....	19
		Stephen Ready.....	19
		Cathy Seifner.....	20
		Eric Hopper.....	20
		Chelsea Casteel.....	21
		Lauren Thiel-Payne.....	21
		Skyler Borman.....	21
		Candilynn Schnakenberg.....	22
		Elizabeth Schenewerk.....	22
		Sarah Cordes.....	22
		Aleksandr Olefir.....	23
		Keirsten Lorenz.....	23
		Mika Killion.....	23
		Saudi Robbins.....	23
		Celia Bircher.....	24
		Chelse Beck-Vanatter.....	24
		Hayden Herrick.....	24
		Jacob Brockfeld.....	24
		Jake Johnson.....	24
		Kimberly Greer.....	24
		Lorenzo Walker.....	24
		Sharon Clark.....	24
		Valery Woodmansee.....	24
		Glenda Rice.....	25
		Elaine Collins.....	26
		Jena Sterrett.....	26
		Michelle Powers.....	26
		Jade Stevenson.....	27
		Mackenzie Humphrey.....	27
		Belinda Harper.....	28
		Mackenzie Yearout.....	28
		Breanna Thoennes.....	29



# COMMITTEE UPDATES

Meetings ... meetings ... meetings. There are currently over 50 standing committees working on a variety of topics and issues that keep Bothwell moving forward. From the Board of Trustees to the Patient Family Council, important work happens in committees every day.



## Reduce Patient Falls

### Patient Safe Handling Committee

Communication of patient fall risks can help in preventing patient falls in an acute care setting. This information can be discussed among frontline staff during daily huddles, through patient education packets and on communication boards in patient rooms. Ancillary staff should participate in collaboration of information regarding transfers and assistive devices needed. It is also important to ensure family and caregivers understand and participate in fall prevention.

Important information to share regarding fall risk includes:

- How the patient transfers
- Level of assistance
- Devices used during transfer
- Cognitive status
- Patient compliance
- Medication that can affect balance
- Variations in patient performance noted in day/night with transfers/ambulation

The Fall Team/Patient Safe Handling Committee will meet quarterly this year on the second Tuesday of the month. If you have any suggestions or items that need to be addressed regarding safe patient handling please bring them to your supervisor to pass along in the meeting.

## SUPER BOWL LIX SPIRIT WEEK

### FEB. 3 – MOTIVATION MONDAY

Don your favorite Mahomes/Kelce or Hurts/Goedert gear

### FEB. 4 – TOUCHDOWN TUESDAY

Dress as a cheerleader or referee (Black and White)

### FEB. 5 – WACKY WEDNESDAY

Wear fun, festive socks and/or headgear

### FEB. 6 – TAILGATE THURSDAY

Celebrate with a tailgate potluck in your clinic or department

### FEB. 7 – FAVORITE TEAM FRIDAY

Wear your favorite team gear

## REMEMBER:

SHARE YOUR PHOTOS ON THE  
BOTHWELL TRADE & ENGAGE  
FACEBOOK PAGE!

*Please follow all appearance policy guidelines*

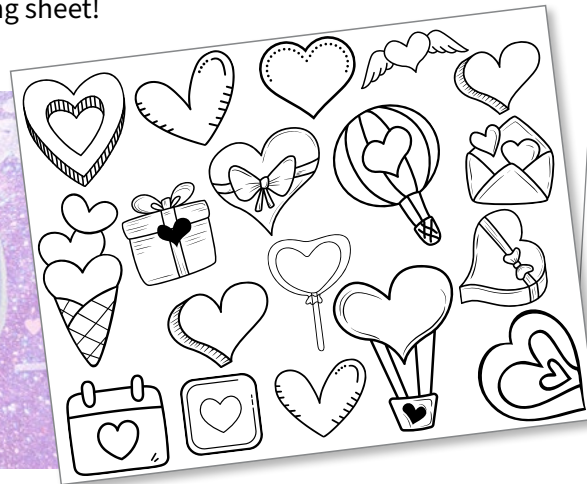
*Sponsored by the  
Employee Engagement committee*



# Acts of Kindness and Valentine's Day

## Kids Coloring Activity

Stop by HR to pick up a kids coloring sheet!



## Chili and Soup Cook-off

### Calling All Culinary Experts

**Friday, Feb. 7**

Healing Arts Center, Shell Space 11 am – 1 pm

Bothwell Café 2 – 4 pm

- Free fun for all! Come enjoy delicious samplings or compete.
- People's Choice and Best Theme awards in both categories

To sign up, contact Melissa Guffin by **Feb. 3** at ext. 9406 or [mguffin@brhc.org](mailto:mguffin@brhc.org).

Deadline to enter is  
**Feb. 3!**



## Succulent Garden Class

**March 10, 6 pm**

The 518 Provisions

520 S. Ohio, downtown Sedalia



Join us for a delightful evening as we partner with State Fair Floral to bring you a succulent garden workshop!

Whether you're a seasoned gardener or a curious beginner, this event is perfect for anyone looking to explore their creative side and bring a touch of nature into their home.

Our gardens start at just \$30 with an option to upgrade to a more elaborate design for \$50. Enjoy the company of fellow plant enthusiasts and create your own personalized succulent masterpiece.

Call Melissa Guffin at ext. 9406 to reserve your spot! Payment due upon booking.

## BINGO Night

March 28, 6 pm, Café

- For Bothwell staff and invited guests, adults only
- Prizes for winners; bring a snack/dish to share or have dinner in the Café before games start at 6:30 pm

RSVP by noon on March 24 to Melissa Guffin at [mguffin@brhc.org](mailto:mguffin@brhc.org) or ext. 9406



## MARCH Madness

BRACKET CHALLENGE

## March Madness Bracket Challenge

FREE to participate! Prizes will be awarded!

Watch for more details and how to participate!

## Easter Cookie Class

With Crumb Coat by Carianne Chappell

April 5, 10 am

Bothwell Education Center

- Decorate six delicious sugar cookies
- Class size is limited to 30 participants-first come, first served
- Limited to Bothwell team members and their invited guests only
- Payment due upon booking to reserve/confirm your spot.

To RSVP, contact Melissa Guffin at ext. 9406 or [mguffin@brhc.org](mailto:mguffin@brhc.org)



## Psychological First Aid Training

Feb. 11, 9 am – 4 pm

Education Center, Auditorium

## Be Ready for Emergencies

### Emergency Preparedness Committee

Join Tamara Fish, Missouri Department of Mental Health Disaster and Crisis Response Liaison, to learn how to assist people in the immediate aftermath of disaster and terrorism, identify the five early intervention principles and learn ways to care for yourself before, during and after a disaster.

If you plan to attend, please email Jennifer Evert, Emergency Preparedness manager, at [jevert@brhc.org](mailto:jevert@brhc.org).

## Thank You Notes

from Holiday Sharing Recipients

My family had a great Christmas thanks to the help of Bothwell employees. We greatly appreciated everything. It means a lot to be a part of the Bothwell family!

Thank you.

– Family #16

Dear Secret Santa and Holiday Hearts, I want to say thank you for giving with an open heart and most likely not knowing the whole picture, just the need. First of all whoever nominated me, a special thank you! It was nice to be thought of. The gifts of food, grocery, gas and money gift cards will be put to good use with all the road travel and overnight stays. From giving to organizing, you all have made our Christmas a little brighter. May we all shine together through. Peace, joy and happiness!

– Family #8

It is very much appreciated. Thank you to my coworkers and all of the people that helped me.

– Family #9

To my dearest Bothwell Family, a simple thank you seems so trivial after receiving these Christmas gifts. I am humbled beyond words. My grandchildren are going to have presents from their Nana this year, something until today was impossible. Thank you for caring hearts and for giving me a Christmas this year. God Bless!

– Family #3

I don't have enough words to express how thankful I am for your help this Christmas! My husband will not be working for three weeks this month and the start of January which made our holidays a little harder. With these gifts given to our family, you have literally brought the Christmas spirit back to our home. Again, my immense gratitude goes to my Bothwell family! Blessings to everyone who contributed to Helping Hands. Thank you from my family to yours!

– Family #17

To whom it may concern, thank you from the bottom of our hearts for everything. The food, the gifts, all of it is a much needed and appreciated blessing this holiday season. My wife and I could not be more grateful to all those who donated or spent money so that we may receive such a blessing. I pray that all involved, no matter the role, have the most Merry Christmas possible and the happiest New Year as well. We are forever thankful for this and for you.

– Family #15

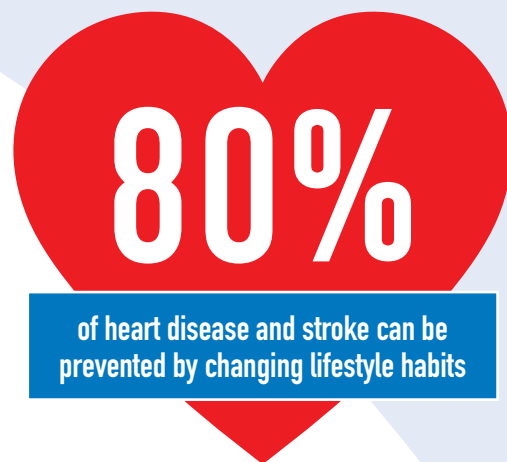


# Bothwell{ness} Health Tips

## Bothwell{ness} Committee

February is American Heart Month and a great time to be reminded of these health tips to help you reduce your risks of heart disease.

- Heart disease is the leading cause of death for men, women and people of most racial and ethnic groups
- In 2022, 1 in every 5 deaths was from heart disease



### Seven Steps to Reduce the Risk of Heart Disease



### Heart-Healthy Nutrition

- Eat at least five servings of fruits and vegetables a day
- Choose whole grains over processed grains and sugars
- Choose healthy fats over unhealthy fats

### Regular Exercise

- 30 minutes of moderate intensity exercise a day

### Tobacco Control

- Smoking increases your risk for heart disease and stroke and increases risk for blood clots
- Smoking decreases your ability to exercise and decreases good cholesterol (HDL)



Are you interested in walking/jogging/running a 5K, 10K or half marathon in 2025? Reach out to Jilene Streit at [jstreit@brhc.org](mailto:jstreit@brhc.org) or Melissa Guffin at [mguffin@brhc.org](mailto:mguffin@brhc.org) for assistance in tailoring a plan to meet your goals and needs!





# DEPARTMENT AND CLINIC NEWS



Find updates specific to particular departments including announcements on projects, achievements, changes and upcoming events. Communication between departments and to everyone in the organization is key to a well-oiled machine.

## Congrats Nurse Residents

### Education Department



Our immersive and individualized **Nurse Residency** program provides the education, support and guidance new nurse graduates need to transition to their new role. We're excited to share that members of our January 2024 class recently completed the program and are working full-time in the hospital.

Congratulations to **Rachel Mittenburg**, RN, Emergency Department; **Reilly O'Shea**, RN, PCU; **Alexis DuPont**, RN, Women's Health and Newborn Care; and **Hailey Colvin**, RN, Women's Health and Newborn Care.

The Nurse Residency program begins in January and June, lasts one year and empowers new nurses to be confident, competent and compassionate caregivers.

The class that started in June 2024 has seven members, and the class that started this month has 13. We're excited about the future of nursing at Bothwell! For more information about the program, visit [brhc.org/careers/nursing/](https://brhc.org/careers/nursing/) or contact Megan Elwood, program coordinator, at [melwood@brhc.org](mailto:melwood@brhc.org).

## EMPLOYEE PHARMACY

**Open Monday – Friday**  
**7:30 – 11 am and**  
**11:30 am – 4 pm**

**Hospital Ground Floor**  
**660.827.9495**

## CLINIC MEDICATION DELIVERIES

### HELP US HELP YOU!

Please remember our delivery drivers have a schedule to follow to ensure time-sensitive materials are returned to the hospital on time.

1. If you receive a text message that your medication is ready, call ext. 9495 to tell us if you are working or not working that day.
2. If you are expecting medication and have not received a text message, call us.
3. If you have a new medication and want to start it the same day, call us. Morning deliveries go out by 8:30 am and afternoon deliveries go out by 12:30 pm. By notifying us, we can watch and get it processed ASAP. If not, we might miss seeing it sneak in.
4. If a new prescription is not received in time for same-day delivery, call us. We can put it on the inpatient pharmacy side for evening pickup. Inpatient pharmacy hours are 6:30 am – 10 pm Monday – Friday and 8 am – 4:30 pm on weekends.

# Welcome to our Newest Nurse Residents

## Education Department

Bothwell Regional Health Center welcomes its newest group of nurses as they begin their journey in patient care in our one-year Nurse Residency. In the program, these dedicated nurses will receive hands-on training and mentorship, equipping them with the skills and experience needed to provide high-quality care to the community.

Their commitment to learning and growth will have a lasting impact on patients and families. Please join us in supporting and encouraging them as they take this next step in their careers.



### Front Row Left to Right:

Tamiko Hunter, State Fair Community College, Medical and Surgical Unit / 2SW  
Liv Kemp, State Fair Community College, Emergency Department  
Abby Steinman, State Fair Community College, Critical Care Unit  
Reagan Hockett, State Fair Community College, Emergency Department  
Devlyn Fry, State Fair Community College, Emergency Department

### Back Row Left to Right:

Jade Stevenson, Cox College, Progressive Care Unit  
Ashley Fitzpatrick, State Fair Community College, Critical Care Unit  
Paige Graham, State Fair Community College, Women's Health and Newborn Care  
Haley Schuber, State Fair Community College, Progressive Care Unit  
Shaylin Torimino, State Fair Community College, Emergency Department  
Mattie Thies, State Fair Community College, Critical Care Unit  
Irene Slivinskiy, State Fair Community College, Progressive Care Unit  
Jesmi Reyes, Missouri Valley College, Medical and Surgical Unit / 2SW

## Winter Safety

### Human Resources

Missouri winters are a time where the weather can be as random as lottery numbers and accidents are waiting to happen. Winter storms and cold temperatures can be dangerous. Help stay safe by planning ahead.

- Allow extra time for travel
- Check tire tread, wiper blades and fluid levels on your car
- Keep an ice scraper in your car
- Focus on your footing
- Walk like a penguin (short and slow steps)
- Don't use your cell phone when walking
- Use handrails
- Be aware of changes in walking surfaces
- Walk hands-free
- Report unsafe conditions
- Use authorized paths
- Step down off curbs, not out
- Step down from vehicle, not out
- Wear appropriate footwear and clothing



# SERVICE EXCELLENCE INITIATIVE



The SEI is our three-year journey to enhance patient satisfaction and boost employee morale by providing a 5-star hospital and clinic experience to our patients and a relationship-based, kindness-driven culture. This space will be used to share news, activities and progress toward our goals.

## The Time is Now to DO IT

Many of you know me, and if not, I'm **Rob Wideman** and I have worked at Bothwell for 23 years as your Chief Nuclear Medicine Technologist.

While I love talking about my job and nuclear medicine, you'll probably be glad that I'm not going to do that in this space (come see me if you want a Nuc Med primer, though, happy to oblige).



When we started our Service Excellence Initiative (SEI), I was surprised that Lori suggested me to be the DO IT champion. DO IT is short for **Departmentally Organized Improvement Tactics** or more simply, *projects conducted by an entire department that have an impact on the employee and patient experience.*

I'll be the first to admit that being out front on a project like this is out of my comfort zone, and I appreciate that Lori saw something in me that I didn't. Like many of you, I enjoy doing my work and staying out of the spotlight; however, I believe in the SEI and the power that DO IT projects have to make a difference.

A few weeks ago, we officially kicked off the DO IT implementation. Directors and managers have received training and documentation and should be working on forming teams and developing project ideas. **The power and success of Monthly Team DO IT projects is derived directly from frontline staff.** I encourage everyone to look around and think about problems or processes that you know are pain points for your coworkers and patients and suggest improvements to your supervisor.

I'm proof that we can all be empowered to make changes that will make Bothwell better. And isn't that what we all want? If I can answer any questions, feel free to email me [rwideman@brhc.org](mailto:rwideman@brhc.org) or come see me. I'd love to show you around!

## SERVICE EXCELLENCE COUNCIL

**Michele Laas, Chair**

**Brittani Geml, Vice Chair**

Amber Allain,  
*Oasis Super Coach*

Heather Sadler,  
*SEA Super Coach*

Marvin Smoot,  
*Provider Super Coach*

Dianne Williams,  
*Survey Super Coach*

Mike Shipp,  
*CLS Education Coordinator*

Kiwi Popyk,  
*Service Recovery Champion*

Wendy Fairfax, *Scribe*

Rob Wideman,  
*DO IT/Service Huddle Champion*

Shania Underwood,  
*Implementation Coordinator*

Lori Wightman, *CEO*

## OASIS TEAMS

**Referral and Onboarding**

**Retention**

**Keywords**

**Service Standards/  
Internal Support**

**Awards and Recognition**

**SERVICE EXCELLENCE  
INITIATIVE ►**



## Our Goal

Be the best choice to work, to practice, to receive care.



## SERVICE EXCELLENCE INITIATIVE

PROVIDING A 5-STAR EXPERIENCE FOR ALL

### Year 1 SEI Achievements

We've had an exciting and successful first year of our Service Excellence Initiative. Here are some highlights, and hold your hat, Year 2 began on Jan. 29! Thank you to everyone for participating and supporting this important work on the way to our goal to be the "best choice to work, to practice and to receive care."



54 Service Excellence Advisors (SEAs)

#### Service Excellence Workshops

- 53 Workshops Completed
- 1,020 Staff
- 99% Attendance
- 2,040 Total Education Hours
- 15 SEA Teaching Teams
- 4.83 Average Workshop Rating

#### 5 OASIS Performance Improvement Teams

Organizationally Advanced Service Improvement System

- Keywords Team
- Service Standards Team
- Retention Team
- Awards and Recognition Team
- Onboarding Team

155 Future SEA Volunteers  
78 Leaders Trained  
2,067 Education Hours

#### 24th Annual Healthcare Service Excellence Conference

- 7 Summit Award Nominees
- 2 Pinnacle Achievers
- 1 Team Bragging Video Award

#### CAHPS/Patient Satisfaction Score Improvement Progress

- 41% Communication with Nurses
- 34% Communication with Doctors
- 34% Responsiveness of Staff
- 29% Communication about Medication
- 20% Cleanliness of Hospital
- 34% Quietness of Hospital
- 16% Discharge Information
- 30% Transition of Care
- 20% Overall Rating
- 9% Willingness to Recommend
- 10 Areas Improved
- 4 Stars – Current HCAHPS Star Rating

#### Service Excellence Accomplishments

- Purposeful Rounding
- Alphabetized Mail Room
- Improved Scores in 10 HCAHPS Domains

12 Active Service Excellence Council (SEC) Members

10 Courses Presented

4.8 Average CLS Course Rating



# Patient Kudos and Compliments

Positive reviews, comments and messages create powerful pictures of the Bothwell experience. The following feedback was recently received either as a Google or Facebook review, Facebook public comment or direct message, or from a patient satisfaction survey. Messages have been lightly edited for spelling and grammar.

**Bothwell Pain Clinic** – “I’m very impressed with and happy about the doctor’s approach to my health issues. Absolutely amazing, outstanding and wonderful service and care.”

**Bothwell Sleep Center** – “Dr. Kuhlman was excellent. He’s the best sleep doctor I’ve ever been to. He’s very knowledgeable, informed me of things I hadn’t known before and looked at my CPAP machine and identified problems. I had a great experience and will certainly recommend him to anybody.”

**Same Day Surgery** – “Every detail with every discipline was exceptional. From the check-in clerk, nursing staff, anesthesia team and the surgeon, I had a great experience. I would recommend Bothwell to any person in need of services.”

**Emergency Department** – “From triage to the bedside medical professionals, I was treated with respect and dignity. I felt like the ED team listened to my concerns and acted quickly in getting me to a more comfortable state. Everything was explained to me thoroughly and the practitioners and nurses exercised patience when me or my family members had questions or needed clarification.”

**Bothwell Family Medicine Associates** – “We have nothing but great things to say about Dr. Wadowski! She is amazing! She listens and provides positive feedback.”

**Thank you for all you do to serve our patients and community each and every day. Each smile, touch, conversation and moment puts our patients at ease.**

Online reviews help others feel good about choosing Bothwell. Every positive interaction with a patient is an opportunity to invite them to share their experience with others.

## How to write a positive review on Google



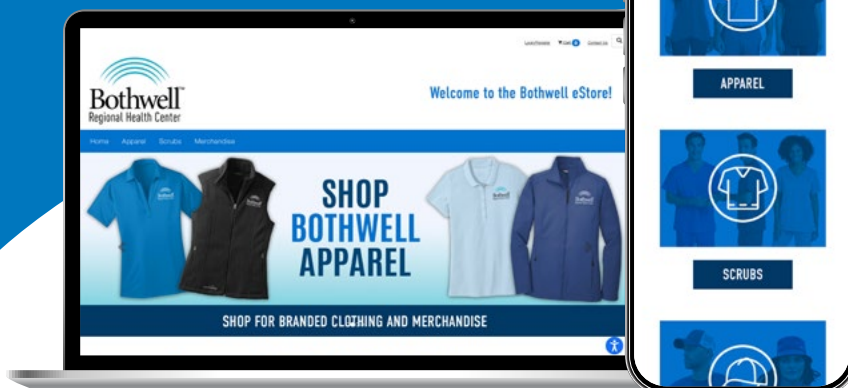
The hospital and all the clinics each have Google Business Profile page. Search Bothwell Regional Health Center or the clinic name and when the page comes up on the right, scroll down and select “write a review.”

## How to write a positive review on Facebook



Go to the Bothwell Regional Health Center page at [facebook.com/bothwellregional](https://facebook.com/bothwellregional), select “Reviews” in the menu bar and answer yes to the question, “Do you recommend Bothwell Regional Health Center?” and then write your review.

# Logo Wear Website



## Shop the Bothwell eStore for branded apparel and merch!

Shop for clothing, scrubs and hats at [brhc.org/estore](https://brhc.org/estore). The eStore link can also be found on the intranet.

Site may not open in Internet Explorer; use Chrome or Firefox instead.

**VISIT SITE ►**

# FROM THE FOUNDATION

Bothwell Regional Health Center has been at the center of healing for Pettis and Benton counties for generations. The Bothwell Foundation was formed in 2005 to assist the health center and provide resources to keep health care local, state-of-the-art and close to home.



## BOTHWELL FOUNDATION BOARD OF DIRECTORS

**James Mahlon White, President**

**Cliff Callis, Vice President**

James P. Buckley

Heather Cantrell

Jackie Butler, Auxiliary President

Lori Wightman, Bothwell CEO

Gregory Doak, MD,  
Board of Trustees Liaison

Sarah Anderson

Lindsey Benbrook

Cara Canon

Dr. William Decker

Erica Eisenmenger

Katelin Hladik

Shelly Kempton

Stafford Swearingen

Laura Weisenburger

Becky Williams



## Hottest Ticket in Town

Tickets are going fast for our sixth annual event, so don't delay if you still want to attend. We also have free, virtual tickets available, and we're still accepting "Purse-onality" auction items.

These cleverly themed purses, bags and totes will be auctioned off at the event that will be held at The Foundry in downtown Sedalia. Participate as a department or individual and showcase your personality in a creative way. This is a great opportunity to put together a one-of-a-kind bag!

Learn more at [brhc.org/wear-red](http://brhc.org/wear-red) or call Lauren at ext. 7786 or Leisha at ext. 8855 to get involved!

The Wear Red for Women committee will be one of the presenters at the Sedalia Area Chamber of Commerce breakfast at 7:30 am Feb. 13 at LifePoint Church. If you're interested in attending, please contact Leisha.

## Spirit Week: Save the Dates!

**March 3–7**

The EPIC Club is gearing up for another exciting Spirit Week. Save the dates of March 3–7 and get ready for fun and surprises during "What's Raised Here, Stays Here."

The EPIC Club is the employee giving arm of the Bothwell Foundation and recognizes Bothwell Regional Health Center employees who give a minimum annual gift of \$26 or more. To join, contact Leisha at [lnakagawa@brhc.org](mailto:lnakagawa@brhc.org) or stop by the foundation office on the hospital's second floor.

All funds raised during Spirit Week are used for improvements at the hospital and clinics or to support employees. This year, funds will be allocated toward remodeling the courtyard at the hospital and creating outdoor spaces at clinics into relaxing places for employees, patients and visitors to enjoy. Watch for details in February!



## Wear Red for Women

Wear Red for Woman, a Bothwell Foundation committee, recently presented several automated external defibrillators (AEDs) to local organizations. An AED is a portable, lightweight device that helps individuals and first responders treat sudden cardiac arrest by analyzing the heart rhythm and, if necessary, delivering an electrical shock to restore normal function.

Funds to purchase the devices were raised during the 2024 Wear Red for Women luncheon and auction. The committee's goal is to have AEDs in every place people work, learn, play or pray in Sedalia and Pettis County. Since the inception of the luncheon event in 2020, nearly 100 AEDs have been placed in or committed to various locations.



The 2025 Wear Red for Women event is Feb. 28, 2025, and tickets are on sale now at [brhc.org/wear-red](https://brhc.org/wear-red).



### Camp Branch Baptist Church

Camp Branch Baptist Church received an AED from the Bothwell Foundation's Wear Red committee. From left to right, Eddie Crouch, committee member; Leisha Nakagawa, Bothwell Foundation volunteer and foundation specialist; Lauren Thiel-Payne, Bothwell Foundation executive director; Pastor Rob Ayers, Camp Branch Baptist Church, Lori Wightman, Bothwell Regional Health Center CEO and committee co-chair; and Meghan Funkhouser, Rhonda Ahern, Trish Henson and Ashley Wooster, committee members.



## Wear Red for Women (Continued)



### Sacred Heart School

Joined by students in the front row, the Bothwell Foundation's Wear Red for Women committee presented two AEDs to Sacred Heart School (SHS). Second row, from left to right, Cecilia Smothers, SHS childcare director and school nurse; Meghan Funkhouser, Ashley Wooster and Trish Henson, committee members; Jane McMullin, SHS assistant principal; Suzann Jenkins, SHS principal; Lori Wightman, Bothwell Regional Health Center CEO and committee co-chair; and Nikki Howell, SHS president; third row, from left to right, Erica Petersen, committee member; Lauren Thiel-Payne, Bothwell Foundation executive director; and Rhonda Ahern, committee member.



### Dawn Compton Early Learning Center – Center for Human Services (CHS)

Center for Human Services (CHS) Dawn Compton Learning Center received an AED from the Bothwell Foundation's Wear Red for Women committee. From left to right, Karen Nolting, CHS Family and Child Development Pettis County area manager; Lori Wightman, Bothwell Regional Health Center CEO and committee co-chair; Lauren Thiel-Payne, Bothwell Foundation executive director; and Desiree Vaughn, Dawn Compton Early Learning Center site supervisor



# AUXILIARY NEWS

Our volunteers are a vital part of the services we provide to our patients and their families. Through their supportive and significant contributions, they add a personal touch to the hospital, making it a warm and friendly place.



## January's Amazing Volunteer Karen Shackles

Auxiliary member Karen Shackles is our January Amazing Volunteer for her unwavering commitment to Bothwell and her dedication to service to others. Karen has worked over 700 hours in the Gift Shop, Susan O'Brien Fischer Cancer Center and on the Courtesy Cart.



Karen is no stranger to the area and raised her three children with her late husband, Homer, in Hughesville. Though they settled down in Missouri, they loved traveling together and even owned a winter home in Arizona. If they weren't traveling, they spent much of their free time on their motorcycles, stating "after the kids were gone, the motorcycles got bigger." Following Homer's passing in 2018, Karen sold their Arizona home, yet she spends four months there each year visiting her daughter's family.

When in Arizona and in her free time, she likes playing Pickleball, bingo, line dancing, dining out with friends and spending time with her children, nine grandchildren and 12 great grandchildren. Karen is an active member of her church and is truly a committed Auxiliary member.

Congratulations, Karen! The Bothwell Auxiliary is privileged to have you serving our patients and staff.

## Nothing Bundt Cakes Sale

**FEB. 13, 9 AM  
UNTIL SOLD OUT**

**Outside Bothwell Café**

**\$8 per bundt or  
four for \$30**

### Flavors

- Chocolate Chip (and GF option)
- Red Velvet
- White Chocolate Raspberry
- Confetti
- Lemon

### Limited Edition

- Chocolate Covered Strawberry
- Reese's Chocolate Peanut Butter



# CALENDAR OF EVENTS

Designed to be an at-a-glance view of our upcoming events, activities or classes, check out what's on the Bothwell calendar in the next few months.



## FEBRUARY

### Super Bowl Fun

**Feb. 3-7**

See page 16

### Chili & Soup Cook-off

**Feb. 7, 11 am-1 pm, Healing Arts Center**  
**2-4 pm, Café**

Register by Feb. 3 to Melissa Guffin at  
[mguffin@brhc.org](mailto:mguffin@brhc.org) or ext. 9406

### Psychological First Aid Training

**Feb. 11, 9 am - 4 pm**

Education Center, Auditorium

If you plan to attend, please email Jennifer Evert,  
Emergency Preparedness manager, at  
[jevert@brhc.org](mailto:jevert@brhc.org).

### Nothing Bundt Cake Sale

**Feb. 13, 9 am**

Outside the Café

Sponsored by the Bothwell Auxiliary

### Cancer Support Group

**Feb. 18, 4 pm**

Susan O'Brien Fischer Cancer Center

Virtual option available, call 660.829.7792 for details

### Wear Red for Women Luncheon & Auction

**Feb. 28, 11:30 am - 1 pm**

The Foundry in downtown Sedalia

**Tickets are on sale now at**  
[brhc.org/wear-red](http://brhc.org/wear-red)

## MARCH

### Succulent Garden Class

**March 10, 6 pm**

Register with Melissa Guffin at  
[mguffin@brhc.org](mailto:mguffin@brhc.org) or ext. 9406

### CPR/AED and First Aid Class

**March 15**

**CPR/AED: 8:00 am - 12:30 pm**

**First Aid: 12:30 - 3:30 pm**

Bothwell Education Center

\$45 per person for either CPR/AED or First Aid,  
or \$60 per person to take both classes.

To register or for more information, contact  
[classes@brhc.org](mailto:classes@brhc.org) or call 660.827.9516.

### Cancer Support Group

**March 18, 4 pm**

Susan O'Brien Fischer Cancer Center

Virtual option available, call 660.829.7792 for details

### Six-Week Grief Recovery Group

**Next Class Starts March 18, 6:30-9 pm**

Bothwell Hospital, Room 385

[brhc.org/resources/classes-support-groups/grief/](http://brhc.org/resources/classes-support-groups/grief/)

### BINGO Night

**March 28, 6 pm**

Bothwell Cafe

RSVP by noon on March 24 to Melissa Guffin at  
[mguffin@brhc.org](mailto:mguffin@brhc.org) or ext. 9406